BLUE PAMPHLET—22nd EDITION

It is important to emphasise that Torbet is a System of Diet and not a Medical Treatment.

In all cases of ill-health you must be guided by your Doctor.

PROPRIETORS OF CALSA REG. TRADE MARK

PLEASE HAND TO A FRIEND AFTER USE.

PROPRIETORS OF TORBET LACTIC OATS REG. TRADE MARK

WITH THE COMPLIMENTS OF

THE TORBET LACTIC OAT Co., LTD.

REGISTERED OFFICE AND LABORATORIES:

24 GREAT KING STREET, EDINBURGH. 3

SCOTLAND

Telegrams—"CYTORBLACO," Edinburgh. *Telephone*—**21844**

THE TORBET SYSTEM OF DIET

Described in the form of

QUERIES AND REPLIES

WHICH INCLUDE INSTRUCTIONS FOR USE

Torbet Products were established in

1908

The TORBET SYSTEM OF DIET (purely Vegetable and Lactic) taken as an addition to one's food, provides a necessary part of the diet which nature intended, and which is vital to the welfare of the body, in the production of perfect health by the prevention of constipation and disease arising from bowel poisoning.

Simple directions for taking the TORBET SYSTEM OF DIET, see Queries and Replies Nos. 8 and 11 on pages 3 and 5.

the colon free from odour. For those starting the Torbet System of Diet, it is advisable to start with one Calsalette daily and increase the amount to produce two motions a day.

The majority of our customers who have taken Calsalettes at all times and in varying quantities find the best plan is to take them at bedtime. A number of our customers have recently been reporting to us that they find a most satisfactory way of taking Calsalettes is to take one before each meal, but so many people vary in the time they take them, and the quantity required to produce the required number of motions, that one must find out by practice the quantity and the time to take them which produces the best result.

Important Note.—Please do not forget that bile, in addition to its laxative action, also acts in the digestion and assimilation of starch foods and fats, and that, therefore, the most natural excretion of bile is **pro rata** to digestion, and consequently an alternative time to take Calsalettes is before, with, or after food; but as explained, one requires to take an increased quantity compared with the amount taken when the stomach is empty. You will see from this the reason why over-fat people should only take Calsalettes when the stomach is nearly empty (i.e., before going to bed), in which case the bile is not excreted with the food and consequently the fatty foods are not so well assimilated, and also why thin people should always take the Calsalettes with food.

Warning.—Calsalettes act very strongly on many people at the start, due to the bowel being putrefactive and in an inflamed condition. This passes off when the bowel is correct to test (see Queries and Replies, Nos. 13, 14 and 17).

9. Is it necessary to take any medicine or aperient with Torbet Lactic Oats and Calsalettes?

9. If the Torbet System of Diet is taken according to instructions and the bowel is correct to test (see Query and Reply No. 17) it is not necessary to take any aperient whatsoever.

Any medicine or drug taken in addition to Torbet should be taken **under medical advice,** but this does not apply to salines which so many take on rising in the morning and which, of course, are not in any way harmful.

Many people write us that they suffer from all sorts of conditions of ill-health and ask us for advice. Torbet is a System of Diet for producing a clean, healthy and virile intestine, free from offensive odour. If you fail to do so and you still have any symptoms of disease or ill-health, it is then necessary to consult your doctor.

10. What are Torbet Lactic Oats, and how do they act?

10. Torbet Lactic Oats are specially treated oats, and are purely vegetable and lactic. They are pasteurised in process of manufacture, and are absolutely free from drugs. An extract of milk is added to them. They act by inhibiting and destroying putrefactive bacteria in the bowel and **produce an absolutely odourless flatus** when the test is correct (see Query and Reply, No. 17).

11. How do you take Torbet Lactic Oats, and when is the best time to take them?

11. Torbet Lactic Oats should be taken before, with, or after any meal, and are to be chewed as little as possible, swallowed whole, and must not be cooked in any way. It is an advantage to soak them in any soft or fluid food or water (not hotter than you can drink), as this prevents them from absorbing the juices in your stomach that are necessary for digestion.

Calsalettes (vegetable and lactic) must be taken in addition to Torbet Lactic Oats (see Query and Reply, No. 8) in sufficient quantity to give you two motions a day. **You cannot get the Torbet result without taking both Calsalettes and Torbet Lactic Oats.**

When you are correct to test you will find that you can keep correct to test for **many** days without Torbet Lactic Oats.

Many customers take Torbet Lactic Oats at breakfast in the following manner:—They mix them in an empty soup plate with warm milk or porridge or bread in warm milk or with warm milk only, not hotter than you can drink, and they eat them at the end of the meal, so that they have all the time that the breakfast is being eaten to soak —say fifteen minutes; you will find they are perfectly soft at the end of that time.

12. How much Torbet Lactic Oats do you take, and how often?

12. The amount of Torbet Lactic Oats to be taken depends upon your becoming correct to test (see Query and Reply, No. 17). Some people become correct to test with as small a quantity as one teaspoonful a day. Others again at the start require to take up to two or three dessertspoonsful a day before they become correct to test.

We recommend customers to take Torbet Lactic Oats daily in quantities sufficient to keep the test correct (see Query and Reply, No. 17). Your guide is that any flatus or gas passed from the bowel

should be absolutely odourless, and **when this is the case, reduce the Torbet Lactic Oats to a quantity that keeps the flatus just odourless and no more.**

The ideal state is neutral, but the best test is to keep the **flatus just odourless and no more.**

Note.—Torbet Lactic Oats are always passed whole.

13. Does the Torbet System of Diet ever upset one at the start?

"I find that on starting, the Calsalettes irritate my bowel. What should I do? I am never constipated, rather the other way."

13. In many cases, the bowel is so putrefactive that on starting the Torbet System of Diet, one feels seedy for a few days and sometimes weeks, with this seedy feeling getting less and less till the test (see Query and Reply, No. 17) is correct, when it disappears for good. This condition may take the form of diarrhœa, headache, and lassitude, flatulence or skin irritation. This is all due to the stirring up of a putrefactive bowel, constipated or loose and absorbing putrefactive matter into the system for the time being.

The action of Calsalettes in stimulating the excretion of bile (in some cases from a partially congested liver) is somewhat severe. It is only fair to explain this point, that until you get your bowel cleared of the putrefactive waste matter and become correct to test and produce **an odourless flatus** (see Query and Reply No. 17) you will not feel really well.

14. Do any people fail on the Torbet System of Diet, and if so, why?

14. Some customers stop taking Torbet because it upsets them at the start, due to the stirring up and absorption of putrefactive matter from the bowel (see Query and Reply, No. 13). The perfect Torbet result can only be obtained by overcoming this putrefactive condition of the intestine by taking both Torbet Lactic Oats and Calsalettes.

15. What happens if I stop taking Torbet after taking it for a time—must I always go on taking it?

15. Torbet is like food, you must always go on taking it if you want to keep a clean, healthy and virile bowel. If you stop, all that happens is that you drift slowly back to the condition you were in before you took it.

16. (1) What shall I eat? (2) Can I smoke? (3) Can I drink alcohol?

16. The answers are (1) when your bowel is correct to the Torbet test and you feel fit, you can eat what you like—what you know suits you, and, most important of all, in moderation. Anyone who wishes a special diet prescribed should consult their doctor. (2) and (3) Smoke and drink what you like and what you know suits you, in moderation.

THE TORBET POSITIVE TEST.

17. How do you know when Torbet has done its work?

17. There are many positive tests, but the simple test is to work to No. 1, i.e., an odourless flatus.

(1) When the test is correct, **there is absolutely no odour from any flatus or gas passed from the bowel.** The ideal condition is to be just odourless and no more (see Query and Reply, No. 12).

(2) From a medical standpoint, the alteration in the flora of the bowel is clearly shown on a Gram-stained fæcal smear under the microscope.

18. What is the effect of the Torbet System of Diet on Eczema?

18. Long experience has proved to us the great benefit of the Torbet System of Diet in cases of eczema.

Use Calsalve Ointment at once to stop local irritation, and start the Torbet System of Diet (see Query and Reply, No. 28).

NOTE.—*The following Queries and Replies refer to conditions of the intestinal tract, and are directly affected by the Torbet System of Diet.*

19. I have severe Constipation. Will the Torbet System of Diet be good for it?

19. Constipation is due, in most cases, to a subnormal action of the colon or lower bowel, due to its putrefactive condition, together with a subnormal condition of the liver. By using Torbet Lactic Oats and Calsalettes, the putrefactive bacteria are destroyed and the liver stimulated to excrete its bile. The colon should then regain its virility, and the constipation will, in practically all cases, disappear.

20. I have Colitis. Will the Torbet System of Diet be good for it?

20. Colitis is due to a bacterial infection which attacks the mucus membrane of the bowel, causing the passage of mucus and membraneous shreds. Our experience shows that the harmful bacteria cannot live in a bowel that is correct to test and as Torbet Lactic Oats by fermentation

produce this condition, your colitis will in time disappear if you **keep correct to test** until the inflammation and the colitis are overcome. A well-known professor of the University here, who had severe colitis of many years' standing, overcame it completely by keeping correct to test for a year. This shows the advantage and importance of keeping the flatus odourless continually in cases of colitis, although the discomfort of colitis generally disappears in a few weeks after the test is correct.

21. Will the Torbet System of Diet prevent Appendicitis?

21. After twenty years' observation of large numbers of cases of threatened appendicitis, many Doctors are strongly of the opinion that in practically all cases appendicitis is caused by a putrefactive state of the lower bowel, which condition is removed at once by the Torbet System of Diet when the test is correct (see Query and Reply, No. 17).

The Torbet System of Diet is, in our opinion, the correct way to prevent appendicitis.

NOTE.—*The following list refers to conditions of the body indirectly affected by the Torbet System of Diet.*

22. Note: Important.—In addition to those mentioned in the foregoing Queries and Replies, our long experience confirms that all the following conditions—**acidity, arthritis, asthma, bronchitis, colds, eczema, flatulence, indigestion, insomnia, lassitude, lumbago, neuritis, piles, rheumatism, sciatica, ulcers,** etc., are for the most part primarily due to poisoning from the bowel, and, when this is removed by the Torbet System of Diet, i.e., when you are correct to the Torbet test (see Query and Reply, No. 17), the body by its own power of recuperation and resistance to disease will in most cases overcome the trouble, if the condition has not been allowed to go too far. As the Torbet System of Diet is not a medical treatment, but a scientific system of dieting and is purely vegetable, herbal, and lactic, i.e., extract of milk, you will at once see there is no harm in adopting it continuously as so many have done, or periodically if you wish. For medical treatment, see Queries and Replies, Nos. 1, 9, 23 and 25.

23. Rheumatic affections. What is the effect of the Torbet System of Diet on Rheumatic conditions—Arthritis, Pains in Joints, Lumbago, Sciatica, etc.?

23. When you are correct to test (see Query and Reply, No. 17), the Torbet System of Diet stops absorption of poisonous matter from the bowel, which is one of the causes of the above rheumatic affections, but to get rid of the rheumatic condition it is advisable to be guided by your Doctor.

24. Pregnancy. What is the effect of the Torbet System of Diet before and after confinement?

24. A doctor writes:—" The administration of Torbet preparations to mothers for some months before and after confinement has been extraordinarily successful in my experience. The clearing out of fermenting and unwholesome excreta with Calsalettes, and the formation of lactic acid in the bowel by Torbet Lactic Oats, ensure a healthy puerperium (period of confinement), healthy mother's milk for the child, and a rapid convalescence for the mother." Take Torbet daily during pregnancy, under the guidance of your doctor, keeping the bowel correct to test (see Query and Reply, No. 17).

25. We have much pleasure in giving you the above particulars of our personal and long experience. It is obvious that, while Torbet overcomes disease, when not gone too far, indirectly by increasing the general health of the body, it is also a question of how far the diseased condition has gone. If the diseased condition is too far advanced, then you must consult the medical profession for help to overcome the trouble (see Query and Reply, No. 1).

CALSA.

26. What is Calsa, and shall I derive benefit from using it?

26. Calsa is a preparation of Agar-Agar (Seaweed) cleaned and sterilised, and has nothing added to it. It is suitable for elderly people or those with weak digestions, weak muscular action of the bowel, or those with any temporary irritation in the bowel. Taken in these cases, it assists Torbet Lactic Oats and Calsalettes to produce the desired result. Calsa, when softened, can be taken at meal times (it should be swallowed nearly whole) and acts as a sponge, sweeping the bowel clean. The putrefactive bacteria in the lower bowel or colon attack the Calsa greedily, and are thus eliminated with the waste matter from the bowel.

27. How can I take Calsa?

27. Calsa must be taken in a moist condition. It should be soaked in cold water for about an hour, after which it should be drained in an ordinary colander, the water being rejected. The Calsa itself should be taken with food every day, every second day, or more seldom as deemed necessary. It is best taken with breakfast or lunch. Each compartment in the box contains an average adult dose for a day; for children, according to age, a smaller quantity should be given. It is important to note that, in starting to take Calsa, you should begin with a small quantity (one-fourth of a division per day) and increase later as desired.

CALSALVE.

28. What is Calsalve? Is it good for itching, sores, wounds, and bruises?

28. Calsalve is an antiseptic **non-irritant** ointment. It is an excellent **ointment for irritation, eczema, inflammation,** etc., but while good for **local** application, the cause should be removed by taking Torbet Lactic Oats and Calsalettes, as nearly all skin affections are due to the putrefactive state of the lower bowel or colon. Calsalve is a perfect household ointment for general use. It is a perfect ointment for disinfecting and **healing any sore, cut or wound.**

Calsalve is also excellent for applying to **piles** and **rheumatic affections.** Always bathe well with hot water and soap, and dry thoroughly before applying Calsalve. If possible, bandage the part well-smeared **with Calsalve.**

THE FOLLOWING EXTRACTS ARE TAKEN FROM DOCTORS' LETTERS.

"I have used your preparations for a great many years, and I have no hesitation in saying that, in my opinion, no doctor can afford to work without your Torbet Lactic Oats and Calsalettes as a standard treatment in primary affections. Therapeutics assume an entirely new aspect when Torbet Lactic Oats and Calsalettes are the foundation of treatment."

"I have had experience of the Torbet treatment for human beings for nearly twenty years, and am pleased to testify to its value as a scientific treatment. It stops intestinal putrefaction in a natural manner, and, as far as I know, is the only way such a result can be obtained and maintained during prolonged and regular use."

A Bacteriologist writes:—"Torbet Lactic Oats, taken as prescribed by physicians, with Calsalettes or Calsaloids, produce Lactic Acid by fermentation in the lower bowel, which destroys harmful and putrefactive bacteria.

"After many years of research work and the pathological examination of large numbers of specimens of the content of the lower bowel in all stages of ill-health, I think it is fair to state that the results show that the activity of the harmful bacteria is inhibited and destroyed when in contact with a Lactic Acid fermentation."

"It is a scientific diet, as I think, based correctly on nature's teaching, and must inevitably become universal in practice."

THE FOLLOWING ARE TAKEN FROM CUSTOMERS' LETTERS.

"As a sufferer for years from COLITIS, I can speak with personal experience of the Torbet Lactic Oat treatment. I have used it myself, and I have first-hand knowledge of its striking success with friends in India and this country. In both countries, where bowel trouble is so prevalent, it is a great pity it is not more widely advertised, as it is the only treatment, so far as I know, that will stop putrefaction, constipation, and bowel poisoning."

"I started taking it at once, and I cannot explain to you the wonderful result it has already achieved. I wish I had known of this treatment twenty years ago or more, and then I should not have had all the PAIN, DISCOMFORT, and POISONING of the system all these years."

"I feel so much benefit from your treatment that I feel sure it would greatly help a friend of mine."

"I have taken your Lactic Oats and Calsalettes for two years now, and have entirely got rid of my RHEUMATISM."

"I have derived a great deal of benefit from your system of dieting."

"Glad to report that, after slight preliminary difficulties, your form of treatment is proving very beneficial."

"I am deriving great benefit from your treatment; it is a wonderful cure for INDIGESTION."

"For some time I have been taking Torbet Lactic Oats and Calsalettes and have derived great benefit from the treatment."

"I was agreeably surprised at the effect and their lactic efficiency."

"My husband and I started some months ago with your treatment, and I may say we have never felt better in health. They are a great boon."

"I trust I will get my supplies regularly, as I am doing very well on the treatment, and would not like to stop it even for a short time."

"I feel very much better in my general health."

"I have tried your Torbet treatment, and have found it very successful."

"I have found the results excellent, and am recommending them to all my friends."

"I still continue to take both, and find them as invaluable as ever."

"I am glad to say that the MIGRAINE (headache) which I suffered from when commencing your treatment, has almost competely passed away."

PRICE LIST.

Torbet Lactic Oats, in containers	each 3/- & 1/6
Torbet Lactic Oats, in envelopes	per doz. 4/-
Torbet Lactic Oats, in tin containers for export ...	each 3/6 & 1/9
Calsalettes, Uncoated, Vegetable and Lactic	each 5/- & 1/3
Calsalettes, Sugar Coated, Vegetable and Lactic	each 5/- & 1/3
Calsaloids, Uncoated, Pink ...	each 5/- & 1/3
Calsaloids, Sugar Coated, Pink ...	each 5/- & 1/3
Calsalette Granules, Sugar Coated, Vegetable and Lactic, not less than 200 in large bottles and not less than 40 in small bottles	each 5/- & 1/3
Calsaloid Granules, Chocolate Coated, not less than 200 in large bottles and not less than 40 in small bottles	each 5/- & 1/3
Calsa	per packet 3/-
Calsalve Ointment, in tubes	each 3/- & 1/3

Large Bottles contain not less than 100.

Small Bottles contain not less than 20.

C.O.D. Fee paid if value 5/- or over.
Carriage Paid on all Orders in U.K.
or obtainable from Retail Pharmacists.

Foreign Orders extra over U.K. Carriage Charges, plus Import Duty.

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